



Lifeskills







WHAT ARE IN THAIL AND SE



Inhalants are gases and vapors from products used in homes, shops, offices, and schools that, when inhaled, have a drug-like effect. But because they are poisons, toxins, and pollutants, they can damage many parts of your body — like your lungs, brain, nerves, kidney, or liver — and can cause death from heart failure, accidents, and fires and explosions.



YES. And if you become addicted you may have headaches, chills, stomach cramps, seizures and cravings when you try to stop using. Over time, inhalant abusers need more and more — which increases the damage these poisons do to the body.

Doesn't it take much use before you're in danger?

NO. Just one time use of an inhalant can kill you. Or the 10th, or the 100th. Even if you have used before, there is no way to know how the next time will affect you.

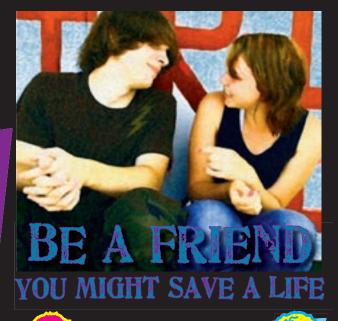
Since inhalants are found in household products, aren't they safe?

These products are safe when used according to the directions on the label and for the purposes for which they were made. Concentrating the vapors or using products without enough ventilation and fresh air makes them dangerous.

YOU NEED OXYGEN!
DON'T POLLUTE YOUR BODY
WITH CHEMICALS.

For more information contact the Monroe County Alliance for Inhalant Prevention at:

(270) 487 - 0622



What can you do to help someone who is using inhalants



If someone you know has been using inhalants, don't be afraid to ask for help. Talk to a school counselor, nurse, parent, trusted adult, or friend. You may be saving someone's life.